

**WEST WICHITA SURGERY CENTER
INSTRUCTIONS FOR COLONOSCOPY
MIRALAX PREP**

Procedure Date: _____

Check-in at: _____

Physician: _____

***Patient Portal Time will be later than check in time.**

****Notify your Family Physician if you are taking Coumadin, Aspirin, or any anti-inflammatory medication such as Advil, Aleve, Ibuprofen, Mobic, Celebrex, please stop 4-5 days prior to procedure. ****

****If you are taking Aggrenox, Persantine, Plavix, Pletal, Ticlid, or any other blood thinning agent, please stop 10 days prior to you procedure. ****

****Stop Xarelto 3 days prior to your procedure. ****

****Phentermine must be stopped 2 weeks prior to the procedure. ****

In preparation for your procedure, you will need to purchase the following:

- MiraLax - 238 gram bottle
- Dulcolax (Bisacodyl is the Generic formula) Tablets – minimum of 4 tablets
- Gatorade / juice (no red or purple color) - 64 oz. bottle to mix with the MiraLax or you may use water if you prefer

DAY BEFORE THE PROCEDURE:

DRINK ONLY CLEAR LIQUIDS the ENTIRE DAY (breakfast, lunch and dinner).

Clear Liquids include: water, clear broth/bouillon, soda, tea, coffee (without milk or non-dairy creamer), clear juice without pulp (apple, white grape or lemonade), Jell-O (orange, lemon and or lime without added fruit), Popsicles, Gatorade, Kool-Aid, and other fruit drink flavored drinks.

AVOID: Red /purple colored liquids or Jello, milk/milk products, and alcohol. No solid food on this day!!

Begin the prep anytime between 12:00 and 4:00 PM (the earlier you start the earlier you will be able to go to sleep!)
The prep will last at least 8 hours. **Drink as many liquids as possible throughout the day to stay hydrated.**

Step 1: Take 2 Dulcolax (Bisacodyl) tablets with one full glass of water.

Step 2: Two hours after taking the Dulcolax - mix the entire bottle of MiraLax in 64 oz of Gatorade (no red or purple) water or juice. Shake or stir the solution until MiraLax is dissolved. Drink one 8 oz glass every 10 – 15 minutes until the solution is gone. If you become nauseated, take a 30 minute break, but you still need to finish all the mixture.

Step 3: At 8:00 pm - Take 2 Dulcolax (Bisacodyl) tablets with 1 full glass of water.

You may continue to drink clear liquids until midnight. **DO NOT DRINK ANYTHING AFTER MIDNIGHT unless Surgery Center staff has instructed you to do so.**

DAY OF PROCEDURE:

- **Do not eat or drink anything unless otherwise instructed.**
- We do want you to take prescription blood pressure or heart medications with a small sip of water if you usually take them in the morning. Consult the WWSC staff regarding any other medications.
- Women under the age of 55 will be required to give a urine specimen.

Bring with you:

- **Someone to drive you home.** You will be given sedation during the procedure. You will **NOT** be allowed to leave unaccompanied and **CANNOT** take public transportation, cab, Uber, Lyft, etc.
- Insurance cards and driver's license/photo ID and list of your medications. Masks are required at WWSC.

Contact WWSC at 316-491-6300 if you have any questions.